

### **ABSTRACT OF THE DISCLOSURE**

A water paddle used for surface and underwater swimming, snorkeling, water aerobics and other water exercises. The water paddle includes a hand held, lightweight, flexible plastic, hydrodynamic paddle disk. A front of the paddle disk is flat or concave in shape for increasing or decreasing water resistance when moving the paddle in the water. Also, the paddle disk has a minimal thickness of 1/8 inch or less for allowing the flexing of the disk. An adjustable strap is received through a pair of parallel strap slots in the disk. The adjustable hand strap allows a swimmer to adjust his or her hand at various positions on the back of the paddle disk. The hand can be adjusted for allowing the disk to cover the fingers and palm of the hand in a first position. Also, the hand can be moved upwardly allowing the fingers to extend beyond the upper edge if need be in a second position and reduce pressure against the wrist of the swimmer.